

FINANCIAL MESSAGE

Planning For Long Term Care

Will you have the resources to afford Long Term Care if you need it?

If you or a member of your family needed Long Term Care (LTC), could you afford \$20,000 a year for home care?¹ How about \$55,800 a year for nursing home care?² These are the *average* national costs for LTC care.

When thinking about whether or not Long Term Care insurance is for you, ask yourself these questions:

- How long will my retirement assets last if I need nursing home or assisted living care?
- Could my children afford to pay for my care if my assets are depleted? The burden of Long Term Care on families is enormous. Some 26 million family caregivers provide assistance to adult relatives at a cost of \$196 billion a year.³
- Won't the government take care of me? It's not likely. Medicare pays only for medical care to help you get better. Medicaid will pay for a stay in a nursing facility but requires you to spend most of your own income and assets first.⁴
- Won't my health, life or disability insurance pay for LTC? They won't because they are for other situations: health insurance pays your medical expenses, life insurance pays for the loss of your life, and disability insurance only replaces all or part of your income for certain illnesses or accidents.

Make LTC a part of your financial planning NOW

According to *The Wall Street Journal*, one of the biggest mistakes investors make with their nest eggs is failing to consider Long Term Care needs.⁵ By including LTC insurance from Aetna in your financial planning now, you can **protect your savings and other assets** from the costs of LTC later.

You can also make **choices** about where you would receive care and who would provide it – choices you may not have if you don't plan for them.

To find answers to your questions about Long Term Care insurance from Aetna, we encourage you to:

Visit www.aetna.com/group/idaho or

Call the Aetna Long Term Care insurance hotline at 1-877-298-0645

The State of Idaho is sponsoring a group long term care insurance plan underwritten by Aetna Life Insurance Company.

For rates and more information, please review the Outline of Coverage document. Once you enroll for coverage, you will receive a Certificate of Coverage, which will specify in more detail the terms of this

service reimbursement plan.

¹ The Federal Long Term Care Insurance Program Website, 2005

² AARP The Magazine, 2005

³ "The Economic Value of Informal Caregiving," Health Affairs, 1999

⁴ "The Costs of Long term care: Public Perceptions vs. Reality," AARP, 11/01

⁵ *The Wall Street Journal*. 10/22/01